Secondary Trauma

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Secondary Trauma - Cognitive

Lowered Concentration

Apathy

Rigid Thinking

Perfectionism

Preoccupied with Trauma

Secondary Trauma - Emotional

Guilt

Anger

Numbness

Sadness

Helplessness

Secondary Trauma - Behavioral

Withdrawal

Sleep Disturbance

Appetite Change

Hyper-vigilance

Elevated Startle Response

Secondary Trauma - Physical

Increased Heart Rate

Difficulty Breathing

Muscle & Joint Pain

Impaired Immune System

Increased Medical Concerns

Compassion Fatigue (Vicarious Trauma)

The cost of caring. -Figley, 1982

Sufferers can exhibit symptoms such as overall decrease in experiences of pleasure, constant stress and anxiety, and a pervasive negative attitude. This can lead to detrimental effects, both professionally and personally, including a decrease in productivity, the inability to focus, and the development of new feelings of incompetence and self doubt. -Wikipedia

Compassion Fatigue (continued)

The cumulative build-up over time of:

 Primary stress (direct trauma experience of provider)

PLUS

 Secondary stress (direct witnessing of other's trauma)

PLUS

Vicarious traumatization (hearing other's trauma stories)

CAN EQUAL

Compassion fatigue



Prevention & Intervention Strategies

Life Balance Creative Expression

Relaxation Techniques Learn to say "NO"

Time Management Get support

Develop a Plan for Coping Journaling

Professional Support Ask for Help

8) NCPTS

Definition of Resilience

The ability to withstand, recover, and grow in the face of stressors and changing demands.

Chairman of Joint Chiefs of Staff CJCSI 3405.01 1 Sep 2011

Factors Associated with Resilience

Factor	Enhances	Detracts
Hardiness	Commitment, control, challenge	Indecision, perceived lack of control
Self-enhancement	Positive self-bias/view	Low self-esteem
Cognitive appraisals	Harm/threat assessment and controllability, optimism	Overwhelmed by task, insecurity
Coping styles	Adaptive/flexible, make plans, self-control, proactive	Avoidant, confrontational

Attributes of Resilient Communities

- Connectedness, commitment, and shared values
- Participation
- Support and nurturance
- Structure, roles, and responsibilities
- Resources
- Critical reflection and skill building
- Communication
- Disaster management



B. Pfefferbaum et al. (2007) and R. L. Pfefferbaum et al. (2008)

The Road to Resilience

- Make connections
- Avoid seeing crisis as insurmountable problem
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for selfdiscovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself



http://www.apa.org/helpcenter/road-resilience.aspx

Exercise is Our Friend

- Positive impact on resting heart rate, blood pressure, cholesterol, cardiorespiratory function
- ↑ Increase energy
 expenditure → can lead
 to weight loss or
 maintenance

- Improves fitness
- Lowers risk of cardiovascular disease and stroke
- ↑ Increases energy levels
- Improves sleep habits
- ↑ Improves mood endorphins are FREE

Self-Care

When should self-care begin? How important is it?

Does taking time for yourself detract from your work?

NO—IT IS ABSOLUTELY ESSENTIAL!!!

Physical: nutrition, exercise, sports, sleep, reduce caffeine

• **Emotional:** family, friends, social support, relaxation, music

• **Cognitive:** training, reading, perspective, expectations

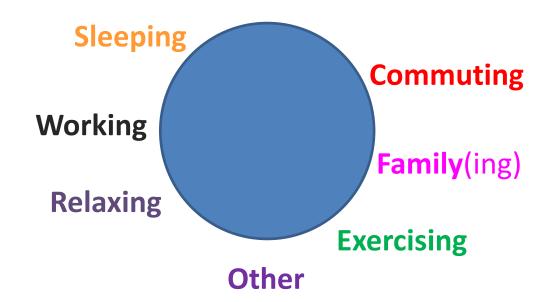
Behavioral: personal/family preparedness, civic involvement

Spiritual: meditate, pray, fellowship, volunteer, Tai Chi

https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/?li source=LI&li medium=popular17

Is Your Work/Life Balanced?

What percent of your day is devoted to:



Sample of Online Resources

https://www.cdc.gov/physicalactivity/basics/pa-

health/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fhealth%2Findex_html

http://www.apa.org/helpcenter/manage-stress.aspx

http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495

https://www.helpguide.org/articles/stress/stress-management.htm

http://www.compassionfatigue.org/pages/reading.html

http://scrubsmag.com/you-can-cope-with-compassion-fatigue/

https://www.samhsa.gov/samhsaNewsLetter/Volume 22 Number 2/preventing suicide/preventing compassion fatigue.h tml

https://www.forbes.com/sites/vanessaloder/2015/01/30/how-to-prevent-burnout-13-signs-youre-on-the-

edge/#7c848f1a4e3d

https://www.psychologytoday.com/blog/pressure-proof/201306/7-strategies-prevent-burnout

https://psychcentral.com/blog/archives/2012/04/30/5-ways-to-prevent-job-burnout/

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Questions & Comments?

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